

## Abstract of the Disclosure

A photochromic optical article comprising an optical substrate having a photochromic layer which is formed on at least one surface thereof and contains a photochromic compound is dispersed in a resin, and a thin metal oxide layer formed on the photochromic layer, wherein an indenonaphthopyran compound is used as the photochromic compound, the photochromic layer having a thickness of 30 to 50 $\mu$ m, and the thin metal oxide layer has a thickness of 0.01 to 10 $\mu$ m. The photochromic optical article has excellent photochromic properties, effectively suppresses a decrease in the photochromic properties caused by deterioration due to oxidation and features very excellent photochromic light resistance.